

LISTENING A

Listen to five people talking about the holiday they took last year. Choose from the list (A-F) what each speaker says about their holiday. Use the letters only once. There is one extra letter which you do not need to use.

- A I didn't enjoy it much at first.
- B I didn't mind the discomfort.
- C I got to know lots of people.
- D I'd done something similar before.
- E I didn't do much during the day.
- F I wasn't in as much danger as some people imagined.

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Speaker 4 _____

Speaker 5 _____

LISTENING A:

Speaker 1 F

Speaker 2 E

Speaker 3 D

Speaker 4 A

Speaker 5 C

LISTENING B

Listen to a radio programme about the “law of attraction”. Choose the best option: a, b or c.

- 1. How many copies of The Secret have been sold on DVD to date?**
 - a) Two million.
 - b) One and a half million.
 - c) One million.
- 2. How old is the theory behind the “law of attraction”?**
 - a) It has been around for ages.
 - b) It’s a new phenomenon.
 - c) It has appeared in recent times.
- 3. How does Dr. Hudson explain the “law of attraction”?**
 - a) Positive thinking is less stressful than negative thinking.
 - b) Positive thinking and negative thinking both exist in the universe.
 - c) Positive thinking attracts good things. Negative thinking attracts bad things.
- 4. What everyday problem does Dr. Hudson claim can be solved by positive thinking?**
 - a) Finding a parking space at a supermarket.
 - b) Finding a supermarket with no other shoppers.
 - c) Finding your way to a supermarket.
- 5. Where does Dr. Hudson suggest you should start visualizing your parking space?**
 - a) In the supermarket.
 - b) On the way to the supermarket.
 - c) In the supermarket car park.
- 6. What is a potential criticism of the “law of attraction”, according to the presenter?**
 - a) It might encourage people to buy really expensive houses.
 - b) It might make people more materialistic and greedy.
 - c) It might make people believe in genies.
- 7. Why Dr. Hudson say it’s important to think big?**
 - a) Because it’s better than being mediocre.
 - b) Because there’s no point in asking for something small.
 - c) Because it will help improve things in the world.

LISTENING B LAW OF ATTRACTION:

1. b
2. a
3. c
4. a
5. b
6. b
7. c

READING A

THE ULTIMATE FREQUENT FLYER

Jack Vroom, an American businessman from Dallas, Texas, has made a claim as the ultimate frequent flyer. (---1---) Even more amazingly, he did this without paying for any of the flights. But after having flown enough times to go round the world 1,600 times, Mr Vroom has now been banned from flying on American Airlines.

Mr Vroom's adventure began in 1988, when a friend told him about a unique opportunity. American Airlines were selling an unlimited, life-long first-class travel pass called the AAirpass. For a fee of \$350,000 plus interest, the ticket-holder and one companion could fly first-class anywhere, whenever they wanted, and as much as they wanted. (----2----). Although they were expensive, American Airlines sold a total of 40 tickets, before they stopped issuing them in 2004.

The pass was designed mostly for business use, but Jack Vroom decided to use it all the time. (---3---) He would fly across the USA to watch his son play American football at university, or to pick up his father-in-law from Washington DC so he could babysit his children. He told friends it was cheaper than paying for a local babysitter. He would also go abroad too, often just for a few hours. He flew to Milan to pick up some parts for a motorbike, and to Guadalajara, Mexico, just to buy some belts. (---4---) He didn't even need to show his pass, and everyone at his local airport knew him by name.

His adventure came to end, though, in 2009 on a flight back from London. He had used his companion pass to fly his daughter's friend back to the US, but when they arrived at Heathrow airport, Mr Vroom was taken to the VIP lounge and was given a letter saying that he could never use the ticket again. (----5----) When they checked who he was flying with, they noticed he booked trips with people he had never flown with before. They also noticed he would fly to far-away destinations in Europe and Asia, but only stay for a few

hours. They accused him of selling his companion ticket, which was against the rules. His frequent flying was also costing the airline millions of dollars a year.

Mr Vroom disagrees with the decision, and believes there was nothing written anywhere which said he wasn't allowed to gain compensation from his companion ticket. He believes that any money made was for his business services, or simply because friends wanted to pay him for the flight.

These days, Mr Vroom stays on the ground, working as a teacher and giving lectures in his house in the city of Dallas in the United States.

Read the article about perceptions of risk between men and women when driving.

Five sentences have been removed. Choose from the sentences A-F the one which fits each gap (1-5). There is one extra sentence you do not need to use.

- A Mr Vroom flew so often that he knew the planes better than most of the cabin crews.
- B In a period of 20 years, he estimates that he flew a staggering 38 million miles.
- C Although he believes he hadn't done anything wrong, American Airlines disagreed.
- D He worked as a catalogue sales representative.
- E On top of that, the ticket holder could also collect airmiles each time they flew.
- F The AAirpass quickly paid for itself.

READING A: Frequent Flyer

- 1 B
- 2 E
- 3 F
- 4 A
- 5 C

READING B

The best fitness holidays

Extract 1 __

Kenya Altitude Training is for dedicated fitness fanatics only. You need a very high starting level of fitness, as the training regime is tough. Expect dawn starts, 10–20 km runs at altitude, evening gym sessions, a vegetarian diet, and strictly no alcohol. Great if you're in the final stages of preparing for a major event.

Extract 2 __

Fitness is optional at Lifestyles. If you want to spend your time lying in the sun reading the latest bestseller, that's fine, though there's a full range of outdoor and indoor activities, ranging from river swimming to circuit training. It's perfect if you don't care too much about how fit you get. The quality of the accommodation is second to none, and it feels more like a luxury hotel break than a fitness holiday.

Extract 3 __

One-to-one attention makes Full Body Fitness unique. You'll have a trainer entirely to yourself for the whole week. Your programme can be tailored to your specific aims, whether you want to gain strength, stamina, or just to shed a few kilos. It's not cheap, but a long list of personal recommendations and celebrity endorsements suggests that it works.

Extract 4 __

All the trainers at Personal Best have competed at the very highest international level. They'll pass on the tips and techniques that will help you to improve your approach to sport and fitness. At least an intermediate level of aptitude is recommended to make the most of the training.

Extract 5 __

Flex-ercise focuses less on simple fitness and more on making sure that your body is working the way it should. Yoga and Pilates sessions will help to develop your core strength and balance and give you a better platform on which to build your future fitness goals. If you plan to take fitness breaks in the future, this is a great one to start with.

Read the extracts from a guide to fitness holidays. Match extracts 1-5 with sentences A-F. There is one extra sentence you don't need to use.

- A You want to spend time relaxing in a comfortable environment.
- B You want to do activities that will improve the way your body works.
- C You want a private trainer who only works with you.
- D You want a trainer who's been a professional sportsperson.
- E You're running your tenth marathon next month and you want a personal best.
- F You're a keen footballer and you want to teach other people.

READING B: The best fitness holidays

1 E

2 A

3 C

4 D

5 B

WRITING A

Write a for and against post (140-190 words). Choose one of the titles below and be sure to organise your ideas into paragraphs.

- Everyone under the age of 18 should be banned from doing dangerous or extreme sports.
- The best way to save the planet is to become a vegan.

WRITING B

You have received this email from your English-speaking friend Leah:

When you visit me next month, what would you like to do? You said something about visiting historic places but I know you like sport as well. I've just passed my driving test, so we can get around easily. Have you got any questions for me about your visit?

Write an email responding to Leah's. Write about 140-190 words.